



NEWS ON BROADWAY

58 BROADWAY, ROCKPORT, MA
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July-August 2015

WEEKLY ACTIVITIES

*Monday thru Friday

Lunch 11:30AM

*Monday

Strength & Balance

Class 9-10AM

Bingo 1-3:30PM

Yoga 2:30-3:30PM

*Tuesday

Yoga 9-10AM

Mexican Train

Dominoes 1-3:30PM

*Wednesday

Tai Chi 9-10AM

Scrabble 1-3PM

*Thursday

Yoga 9-10AM

Quilting/Knitting

1-3:30PM

Duplicate Bridge

12-4PM

*Friday

Strength & Balance

Class 9-10AM

**Exercise classes
for age 60+ are
\$4.00 per class**

Ice Cream Social

Tuesday, July 14th, 1PM. Bring your friends and have some fun while making your own ice cream sundae with all the toppings. Registration and payment is required. \$2.00.



Lobster Roll Luncheon with Entertainment

Wednesday, July 15th, 11:30AM-1PM. A lobster roll luncheon will be served at the Senior Center. Roy Moore Lobster Co. will provide the lobster rolls & chips. Payment and registration is required. \$8.00.

Men's Breakfast

Wednesday, July 29th, 8-9:30AM. Enjoy a hearty breakfast of bacon and eggs. Come and socialize with friends and find out what is happening at the Senior Center. Payment and registration required. \$3.00.

Italian Dinner

Tuesday, July 28th, 5PM. Element Care will host an Italian dinner at the Senior Center. Lasagna, salad and dessert will be served, followed by a short presentation by Carol Pallazolla about the services offered by Element Care. Payment and registration required. \$2.00.



Senior Care Options

Thursday, August 6th, 10-11AM. Are you concerned about dental, vision and prescription medication costs? Stop by during the Senior Mobile Market and speak to Lauren for more information about a Medicare Advantage Plan that will pay for many health expenses that Mass Health does not cover. Senior Care Options is free and available to people 65 and older who are currently on Mass Health.

Identity Theft Bingo

Monday, August 10th, 10:30AM. Identity Theft is a frequent occurrence among seniors. Come learn ways to protect yourself from this potentially costly crime. We will play Identity Theft Bingo and there will also be some giveaways. This free program is sponsored by the Institution for Savings. Call to register.

Older, Wiser Driver

Tuesday, August 18th, 12:30-2PM. Sharpening your driving skills and aging is inevitable, but growing older doesn't have to mean giving up an active life. Older drivers experience physical changes that can affect driving ability such as changes in vision, reaction time, and flexibility. This free presentation by AAA includes practical tips for seniors to compensate for physical changes that can affect their driving. Call to register.

Day Trips—Book Early

We will take reservations and payments at the Senior Center for the following trips on Tuesday afternoons from 1:30-3PM and Thursday mornings from 9:30-11AM.

Checks for trips can be made out to the ***Friends of Rockport COA***.

Anyone that is traveling with us needs to have an up-to-date health form on file. You can get one from the Senior Center office or on the Town of Rockport's website.

If you are not self sufficient or have special health needs, you must travel with a companion who can provide assistance to you.

Call the COA for trip details if you are uncertain of the demands while on a trip.

The bus driver's tip is not included in the prices listed below. \$2.00-\$3.00 is customary.

Parking for all trips will be at the Park n' Ride lot at 2 Blue Gate Lane off of Main Street. This is the same entrance as the transfer station. Stay to the right when you drive in.

Annisquam Village Players Presents Camelot

Monday, August 3rd, 7:30PM. Annisquam Village will be transformed back to the middle ages as the Annisquam Village Players (AVP) announce their 2015 summer musical production of Lerner and Loewe's "Camelot". For Rockport Seniors, the AVP board has offered \$10.00 special senior tickets for "Preview night". Preview Tickets can be picked up on a first come, first serve basis and will be available at the Senior center in mid July. Limited tickets are available at this price. The Annisquam Village Hall is air conditioned and handicapped accessible. Transportation will be on your own. Cash only.

Beauport Princess

Wednesday, September 9th. We will board the Beauport Princess for their lunch buffet which will include clam chowder, classic cape lobster roll, and chocolate mousse for dessert along with soda, tea or coffee. The bar will be available at your own expense. Transportation is on your own. We will meet in their parking lot at 6 Rowe Square, Gloucester. We will begin boarding at 11AM. The boat departs at 11:30AM and will return to the dock at 2PM. Cost is \$26.00, payable with your reservation.



Wine & Cheese Tour

Wednesday, September 16th. We will depart at 8:30AM on a New Hampshire adventure! The first stop is at Smith's Country Cheese located in Winchendon, MA. You will view the cheese-making process and enjoy some yummy samples. Then we are off to The Inn at East Hill Farm in Troy, NH where you will enjoy a delicious family style lunch of Yankee pot roast and roasted turkey. Following lunch we are off to the beautiful LaBelle Winery in Amherst, NH for a tour and wine tasting. A must do for wine and cheese lovers! Cost is \$85.00. Approximate time we will return is 6:30PM.

Pioneer Valley Tour

Tuesday, October 6th, 8AM. We are off today to the spectacular Bridge of Flowers in Shelburne Falls, MA. Remember your camera! We then will stop at the Yankee Candle Village in South Deerfield. We will enjoy an amazing lunch at Chandler's, an award-winning restaurant. You will have a choice of sliced sirloin, baked haddock, fresh roasted turkey or grilled vegetable lasagna and dessert. We will stop at Atkins Farm in Amherst, MA on the way home for a little shopping. Cost is \$70.00. We will return to Rockport approximately 7PM.

Summer Art Workshops

Simple Ikebana

Tuesday, July 14th, 11AM-4PM. One day workshop with Carla Mattioli. Ikebana is the Japanese Art of Flower Arrangement. Together we will learn a simple ikebana style of flower arrangement. Using pastels, watercolors and brush and ink, we will draw and paint our own arrangements. Please join us and enjoy these beautiful arts in conjunction; Let the flowers and paintings give us some inspiration, refreshment and uplifting! No prior experience needed with flower arranging or painting. Pre-registration and payment is required. Please bring a bag lunch, the flowers, leaves and greenery that you will arrange, a low vase or bowl, scissors and a flower frog. Class Cost is \$50.00 plus art materials fee of \$15.00.

Printing without a Press

Monday, August 10th, 10:30AM-3:30PM. This one day workshop will be taught by Elizabeth Harty. Explore the exciting possibilities of printmaking in color. Emphasis is on creating an interesting print and having fun. You can either create a linoleum block and print it by hand in color or make your own hand stamp and produce a color print. Prints are made without a press. Bring your lunch and we will take a half hour lunch break. \$50.00 plus an art supply fee of \$15.00. Payment is due at time of registration.

Computer Classes

Intro to iPad/iPhone

Tuesdays and Thursdays, 10-11:30AM, July 14th, 16th, 21st & 23rd. This class is for beginners to learn the basics of their iPad. 4 Classes/\$40.00. Pre-registration and payment is required.

Intermediate iPad/iPhone

Tuesdays & Thursdays, 10-11:30AM, August 11th, 13th, 18th and 20th. This class is for people who know the basics and are ready to move on. 4 Classes/\$40.00. Pre-registration & payment is required.

Free Fun Fridays

There are lots of museums and cultural venues open for free each Friday this summer. Below is a sample of some or you can google *free fun Fridays* for the complete list.

July 10th

Cape Cod Maritime Museum, Hyannis
New England Historical Genealogical Society, Boston

July 17th

Museum of Fine Arts, Boston
Cape Ann Museum, Gloucester
Tower Hill Botanic Garden, Bolyston

July 24th

Battleship Cove, Fall River
Pilgrim Hall Museum, Plymouth

July 31

Wenham Museum, Wenham
American Textile Museum, Lowell

August 7th

Boston Harbor Islands National and State Park, Boston
The Greenway Carousel, Boston

August 14th

John F. Kennedy Museum & Library, Boston
USS Constitution Museum, Boston

August 21st

Franklin Park Zoo, Boston



Lunches

SeniorCare lunches are served Monday-Friday at 11:30AM. \$2.00 donation. Reservations must be made at least 24 hours in advance by calling Freda, 978-546-5027.



Summer Picnic

Wednesday, July 8th. Egg salad and chicken salad finger sandwiches, veggie pasta salad, fruit salad, and a hoodsie \$2.00

Traveling Chef

Indoor Summer BBQ

Wednesday, August 5th. Hot dogs and hamburgers will be cooked outside on the grill and served inside, potato salad, macaroni salad with strawberry shortcake for dessert. \$3.00.

ROCKPORT COUNCIL ON AGING
DIANE BERTOLINO, DIRECTOR
58 BROADWAY
ROCKPORT, MA 01966

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Farmers Market Coupons

Farmers Market Coupons will be distributed on Thursday, July 16th, 10AM at the Senior Center. To qualify, you must be at least 60 years of age and be eligible for at least one program that requires proof of income such as Fuel Assistance, Food Stamps or Senior Mobile Market. Monthly income must be \$1,670.00 or less for 1 person or \$2,247.00 or less for a couple. One per household. This program is hosted by the Rockport COA and SeniorCare.

Senior Mobile Market

The COA, along with the Open Door and SeniorCare, offer the Senior Mobile Market. This 60+ program offers fresh fruits and vegetables, plus an assortment of canned goods, on the first Thursday of each month from 10-11AM. Don't miss out on this program. The income limits for a single person are \$1,670.00 per month and \$2,247.00 per month for two people. Applications are available by calling the Senior Center.

North Shore VNA Nurse will be at the Senior Center on the 2nd Thursday of each month from 9:30AM-12PM. She will check blood pressure and answer any health questions you may have.

Senator Bruce Tarr's Representative, Richard Curran, will have constituents hours here on Wednesday, July 8th and August 12th from 9-10AM.

AGH Senior Supper Club

The Senior Supper Club at Addison Gilbert Hospital will meet on the second Tuesday of the month, July 14th and August 11th from 4:30-6PM. A complimentary dinner is provided by the Café at Addison Gilbert Hospital, followed by a speaker. Reservations can be made by calling the Senior Center, 978-546-2573. Space is limited.

The Rockport Council on Aging would like to thank

Addison Gilbert Hospital for sponsoring the printing of our newsletter



The Rockport COA recently received a Community Partnership Award from Mutual of America for the Elder Health Clinic at our center. This award was presented for our partnership with the VNA Care Network and Hospice. The award read "For being an outstanding example of leadership in the facilitation of partnerships between public, private, and social sector organizations to build better communities for the future." Pictured above are VNA Nurse, Marge LeDuc, and Rockport COA Director, Diane Bertolino.



We would like to say good-bye to Marge LeDuc on her recent retirement from VNA Network and Hospice. Marge has been offering monthly healthcare clinics at our center for the past 26 years. Our wish for Marge, is for all the years ahead to bring you great joy and relaxation. If you didn't get a chance to say good bye to Marge, and would like to send her a card, you can send it to the center and we will forward it to her.

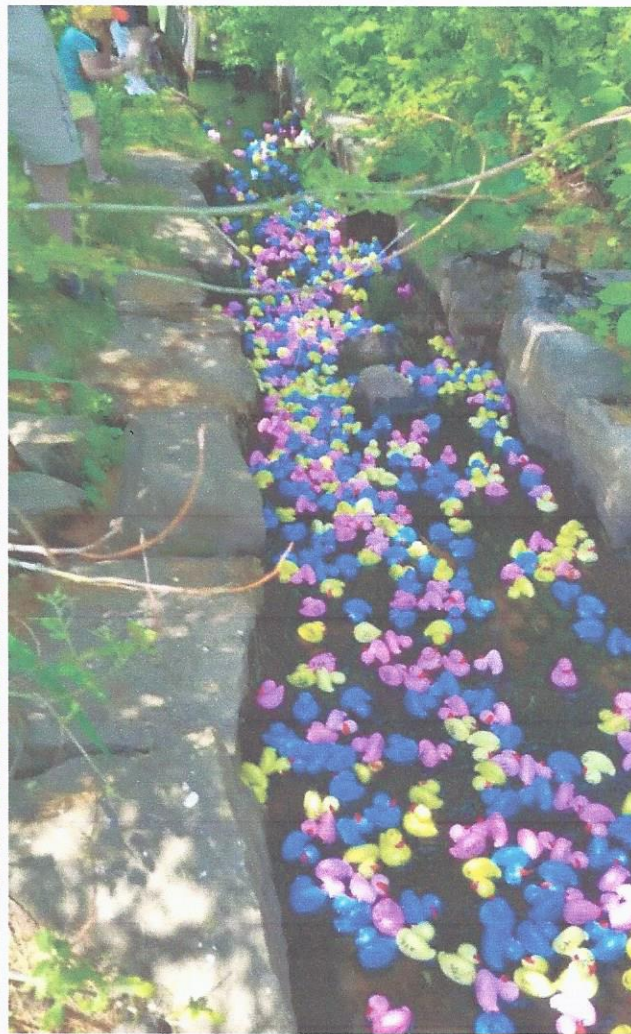
Two Rockport Centurions

Eleanor Peters and Edith Humlin have both recently turned 100 in June. Eleanor was the recipient of the Boston Post Cane for being the oldest resident in Rockport. Eleanor is a few weeks older than Edith.



Pictured are Edith Humlin, on the left and Eleanor Peters on the right.





The Lucky Duck



The Friends of the Rockport COA's annual fundraiser was a great success. A special thanks to our Friends Group for their hard work in selling tickets and collecting the ducks at the finish line. Thank you to all who supported this fundraiser. It is a great event for all ages.

Birthday Parties



If you are 70+, come celebrate your birthday with us. We will have cake, ice cream, a free raffle, and our volunteer, Bob Wech, playing the piano. We will be celebrating July and August birthdays together on Thursday, July 30th, from 12:30-1PM. Please RSVP.



Mexican Train Dominoes and Ping Pong

The Rockport COA recently purchased a ping pong table and some Mexican Train Dominoes for you to enjoy. Mexican Train Dominoes will be played on Tuesdays from 1-3:30PM. Ping Pong will be available on Thursdays from 1-3:30PM on the second floor. Bring your friends and have some fun!